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ABSTRACT

This document is a student workbook for a program which focuses on ways to prevent teenage pregnancy by teaching and practicing the interpersonal skills necessary to help teenagers abstain or utilize effective contraception methods. It includes worksheets, homework assignments, role plays, quizzes, handouts, and forms to be used in conjunction with the program. Role plays present situations in which teenagers are at risk of pregnancy, sometimes with the full situation disclosed and others which ask the students to complete the responses of the teenagers. Homework assignments include talking to parents about contraception and teenage pregnancy, shopping for contraceptives, visiting a clinic, and imagining how a sexually transmitted disease would affect the teenager's life. Worksheets are provided on the meaning of abstinence to the student, handling crisis situations, birth control myths and truths, self-examination about avoiding pregnancy, and sticking with contraception and abstinence. Handouts are included on possible delaying tactics, situations requiring decisions about contraception, and a vignette about the changes in a girl and boy's relationship. Quizzes are presented on effective refusals and refusing or delaying sex. (ABL)

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# DUCING
# E RISK

# ILDING
# SKILLS TO
# PREVENT
# EGNANCY

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## STUDENT WORKBOOK

Name

Teacher/Period

REDUCING THE RISK

# BUILDING SKILLS TO PREVENT PREGNANCY

## STUDENT WORKBOOK

Richard P. Barth

Network Publications, a division of ETR Associates
Santa Cruz, CA 1989

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# My Risks

My number is _____.

**Part A.** I (my girlfriend) would be pregnant after just ____ months of having sex once a month. We would have a baby in the month of _____ if I (or she) carried the baby to term.

1. Within a few days of finding out about the pregnancy, I would have to:

_____

_____

_____

_____

2. The pregnancy would change the next year of my life by:

_____

_____

_____

_____

**Part B.** I don't want to be a teenage parent because I want to:

1. _____

_____

2. _____

_____

3. _____

_____

# Lee and Lee #2

*Directions:* Write ***C*** when you see strong *Communication* statements and underline them. Write ***R*** when you see *Relationship Building* statements and underline them. Write ***P*** when you see *Planning* statements and underline them.

**Lee**: No, Lee. Stop.
**Lee**: Why?

**Lee**: I'm not ready for this. And besides, we would need to use something for birth control and we don't have it.
**Lee**: Being ready just means we love each other. You do still love me, don't you?

**Lee**: But being ready means more than love. We're not ready if we don't have birth control. I am saying no to getting pregnant.
**Lee**: Nothing's going to happen, Lee.

**Lee**: I know, because we're not going to do anything without using something—no matter how much I love you.
**Lee**: We could handle having a baby. It would look just like you—we could name it Lee. I think that'd be great.

**Lee**: (Laughs) Stop joking, Lee. I'm serious. I have no plans to be a parent while I'm still in high school.
**Lee**: Listen, don't worry about getting pregnant. We can stop before anything happens.

**Lee**: That doesn't work. That's not birth control.
**Lee**: What do you mean? Tammy's not pregnant, is she? What do you think they use? Besides, we're the lucky types. We found each other, didn't we? How else would two people named Lee get together if "Lady Luck" wasn't looking out for us?

**Lee**: (Laughs) Well, I traded lockers with Mya, for one thing, so we'd see each other every day.
**Lee**: You did?

**Lee**: Sure. And then I learned your schedule so I'd happen to run into you a lot. I believe in helping luck along.
**Lee**: You're really something, Lee. You're right about the birth control and besides, I won't do it 'til it's right for both of us.

**Lee**: C'mon, let's go out and get something to eat.

**NARRATOR**: Lee and Lee leave to get hamburgers. Lee learned a lot about luck from Lee. That was the year Lee got a great after-school job and Lee won a college scholarship.

# What Abstinence Means to Me

1. *What are the advantages to me if I don't have sex at this time in my life?*

   a. _____

   _____

   b. _____

   _____

   c. _____

   _____

   d. _____

   _____

2. *What makes it difficult not to have sex?*

   a. _____

   _____

   b. _____

   _____

   c. _____

   _____

   d. _____

   _____

# Talk to Your Parents

Part A

*Directions:* Fill in the blanks on Part A with your own ideas, including how you think your parent(s) would answer. Then talk to your parent(s) and see how close you are. Record their answers on Part B of this form.

1. How should teenagers show affection to someone they love?

   What I think: _____

   _____

   What I think my parent(s) think: _____

   _____

2. Should adolescents have sex with someone they love if they plan to marry them?

   What I think: _____

   _____

   What I think my parent(s) think: _____

   _____

3. What are the best kinds of birth control for teenagers who are sexually active?

   What I think: _____

   _____

   What I think my parent(s) think: _____

   _____

4. What should parents do to help their child avoid pregnancy?

   What I think: _____

   _____

   What I think my parent(s) think: _____

   _____

# Talk to Your Parents

Part B

1. How should teenagers show affection to someone they love?

   What my parent(s) do think: _____

   _____

2. Should adolescents have sex with someone they love if they plan to marry them?

   What my parent(s) do think: _____

   _____

3. What are the best kinds of birth control for teenagers who are sexually active?

   What my parent(s) do think: _____

   _____

4. What should parents do to help their child avoid pregnancy?

   What my parent(s) do think: _____

   _____

Due date: _____

Part C

We verify that we completed the **Talk to Your Parents** homework assignment.

_____ _____

Parent's or Guardian's signature Student's signature

# Your Friend's Ex-Girlfriend

Ineffective Version

*Setting the stage:*

Your best friend's girlfriend broke up with him. Now she seems very interested in going out with you. You like her, but you really don't want to go out with her because you have been going out with another girl and don't want to mess it up. She speaks first.

**Girl**: I haven't seen you for a while. Let's go out some night.

**Guy**: Well, I don't know.

**Girl**: I just want to talk to you about some things.

**Guy**: Call me some time, it gets boring at home.

**Girl**: Let's go check out a movie. We could go this weekend.

**Guy**: I may be busy.

**Girl**: I know we'd have fun together.

**Guy**: I suppose.

**Girl**: I'll give you a call this weekend. Maybe we can do something? Ok?

**Guy**: I guess so. See ya.

# Your Friend's Ex-Girlfriend

Effective Version

*Setting the stage*:

Your best friend's girlfriend broke up with him. Now she seems very interested in going out with you. You like her, but you really don't want to go out with her because you've been going out with another girl and don't want to mess it up. She speaks first.

**Girl**: I haven't seen you for awhile. Let's go out some night and do something fun.

**Guy**: I miss you, too, but I'm interested in someone else right now.

**Girl**: I just want to talk to you about some things.

**Guy**: I don't want to lead you on, but I'd be glad to talk.

**Girl**: Let's go check out a movie. We could go this weekend.

**Guy**: Sorry. I've already got plans to go out.

**Girl**: What about next Saturday night?

**Guy**: No, I really don't want to go out.

**Girl**: I guess we're not going to be friends, huh?

**Guy**: Well, I'd like to be friends, I just don't want to go out.

# Trying to Slow Down

Ineffective Version

*Setting the stage:*

You and your boyfriend have been going out for a awhile. From the beginning you touched and kissed a lot. On his birthday, you are alone and feel very close. After you have had something to celebrate the birthday, you begin kissing and touching and feeling really good. Your boyfriend wants to have sex with you, but you decide to tell him that you are not ready.

**Guy**: Why are you stopping now?

**Girl**: Wait. I'm not sure that I'm ready.

**Guy**: It isn't my birthday every day, you know.

**Girl**: Yeah, I know.

**Guy**: There's no reason to wait. It will mean even more now. What's the difference, now or later?

**Girl**: Well, I'm not sure.

**Guy**: I thought this was what we both wanted.

**Girl**: Do you love me?

**Guy**: Yes and sex is part of love.

**Girl**: I guess you're right.

(Stops talking and goes back to kissing)

# Trying to Slow Down

Effective Version

*Setting the stage:*

You and your girlfriend have been going out for a while. From the beginning you touched and kissed a lot. On her birthday, you are alone and feel very close. After you have had something to celebrate the birthday, you begin kissing and touching and feeling really good. Your girlfriend wants to have sex with you, but you decide to tell her that you are not ready.

**Girl**: Why are you stopping now?

**Guy**: This feels good, but let's not have sex now.

**Girl:** It isn't my birthday every day, you know.

**Guy**: Yeah, I know, but I don't think we're ready.

**Girl**: I've never had sex and want to have it with you first.

**Guy**: Maybe some day, but, no, not now.

**Girl**: There is no reason to wait. It will mean even more now. What's the difference, now or later?

**Guy**: I want to wait.

**Girl**: I thought this was what we both wanted.

**Guy**: We both want to be close, but I don't want sex. How about opening your present from me? It's in my backpack.

**Girl**: Ok.

Name: _____ Date: _____

# Observer Checklist

ROLE PLAY #

| SKILLS | 1 | 2 | 3 | 4 | 5 | 6 |
|---|---|---|---|---|---|---|
| Said "NO" | | | | | | |
| Body Language Said "NO" | | | | | | |
| Repeated Refusal | | | | | | |
| Suggested Alternative | | | | | | |
| Relationship Building | | | | | | |

# Refusals

1. Write one statement for each of the following that includes at least *2* elements of an effective refusal.

   a. C'mon, you don't have to go home yet. It's not that late. Your mom will understand.

   _____

   _____

   _____

   b. You've said you love me, now I want to show you that I love you—let's make love.

   _____

   _____

   _____

2. Put a check mark beside statements that follow at least 1 guideline for effectively saying no.

   _____ a. No, I don't trust you.

   _____ b. Well, I don't know. Probably not.

   _____ c. No thanks. I don't want to go to that party. Why don't we go to the movies instead?

   _____ d. Why don't you go ask someone else?

   _____ e. I don't think we should be doing this.

   _____ f. No, not now. Let's watch TV instead.

   _____ g. But you promised you wouldn't ask me that.

# At a Party

Guy Reads to Girl

*Setting the stage:*

You are at a party with a guy you like and have gone out with a few times. The party is at a friend's house and their parents are gone. A lot of kids are getting high and some couples are leaving—maybe to have sex. You don't want to have sex with him and don't want to leave the party. He speaks first.

**Guy**: Let's get out of here so we can talk—it's too crowded.

**Girl**:

**Guy**: I just want to be with you. This is our chance.

**Girl**:

**Guy**: I've been looking forward to this night with you—please don't spoil it.

**Girl**:

**Guy**: If I'd known you'd be like this, I wouldn't have come here with you.

**Girl**:

**Guy**: I really thought you were going to be a lot of fun.

**Girl**:

**Guy**: Don't worry. I'm not going to do anything. C'mon let's go.

**Girl**:

# At a Party

Girl Reads to Guy

*Setting the stage:*

You are at a party with some friends and a girl starts to talk to you. You get the idea that she wants to get to know you better. You really don't want to get more involved with her because there is another girl at the party who you like. The girl speaks first.

**Girl**: It's kind of noisy here, let's go outside and talk some more.

**Guy**:

**Girl**: I just want to get to know you better. C'mon it's no big deal.

**Guy**:

**Girl**: Ok, let's stay here and talk. Let's sit on the couch.

**Guy**:

**Girl**: So, do you have any brothers or sisters?

**Guy**:

**Girl**: It's hot in here. Let's go.

**Guy**:

**Girl**:

**Guy**:

Name: _____ Date: _____

# Observer Checklist

ROLE PLAY #

| SKILLS | 1 | 2 | 3 | 4 | 5 | 6 |
|---|---|---|---|---|---|---|
| Said "NO" | | | | | | |
| Body Language Said "NO" | | | | | | |
| Repeated Refusal | | | | | | |
| Suggested Alternative | | | | | | |
| Relationship Building | | | | | | |

# Possible Delaying Tactics

*Directions:* Review the delaying statements and tactics listed below. In the space provided, add additional ones you think of.

**Delay Statements**

You could *say:*

I'm not ready.
Not now.
Sorry, I have to go.
We don't have enough time.
It's not the right time.
I'm not in the mood.
Not tonight—I've got a sore throat.
I have to call home.

_____
_____
_____

**Delay Actions**

You could *do:*

Chew a cough drop.
Look distracted.
Drop something.
Stop kissing.
Invite someone to come talk to you and your boy/girlfriend.
Go to the restroom.
Pretend you lost something and have to find it.

_____
_____
_____

# Presents and Flowers

Guy Reads to Girl

*Setting the Stage:*

You've been seeing an older guy for a month. He has treated you to dinner and the movies, has driven you places, and buys you presents and flowers. You have really enjoyed all the attention. After a sexy movie he drives you to a private place. With his body language he shows that he wants to have sex with you. You do not want to have sex with him. He speaks first.

**Guy**: Look at all the great things we've done together. I've been so sweet to you. C'mon, return the favor.

**Girl**:

**Guy:** It's no big deal, it's just part of going out.

**Girl**:

**Guy**: I just want to be close to you.

**Girl**:

**Guy**: Everybody else is doing it—they just don't tell you.

**Girl**:

**Guy**: If you really loved me you would.

**Girl**:

**Guy**: I love you, but you don't seem to care about me.

**Girl**:

Name _____

# Refusing or Delaying Quiz

1. Write three delaying actions you could use or alternatives you could suggest if you were alone with your boyfriend or girlfriend and wanted to avoid sexual intercourse.

   a. _____

   b. _____

   c. _____

Read the situations below and write the refusal or delaying response you would use to handle the situation. Decide whether to use a refusal or a delaying statement and include an alternative action.

2. Your girlfriend or boyfriend has been drinking and tries to talk you into going for a ride. You don't think you should go but you don't want to get into an argument. You say and do:

   Refusal or delay: _____

   _____

   Alternative action: _____

   _____

3. You're at home with your girlfriend or boyfriend. Your parents will be gone for several hours. You do not want to have sex, but your boyfriend/girlfriend begins to kiss you and tries to take off your clothes. You say and do:

   Refusal or delay: _____

   _____

   Alternative action: _____

   _____

Name: _____ Date: _____

# Observer Checklist

ROLE PLAY #

| SKILLS | 1 | 2 | 3 | 4 | 5 | 6 |
|---|---|---|---|---|---|---|
| Said "NO" | | | | | | |
| Body Language Said "NO" | | | | | | |
| Repeated Refusal | | | | | | |
| Suggested Alternative | | | | | | |
| Relationship Building | | | | | | |
| Delaying Tactic | | | | | | |

Name _____

# Handling Crisis Situations

*Directions:* Write down two yellow alert signs. Then describe a plan to prevent or manage the crisis. Then do the same for red alerts.

***YELLOW*** 1. _____

_____

Alternative Action Plan: _____

_____

***YELLOW*** 2. _____

_____

Alternative Action Plan: _____

_____

***RED*** 1. _____

_____

Alternative Action Plan: _____

_____

***RED*** 2. _____

_____

Alternative Action Plan: _____

_____

Name _____

# Birth Control Myths and Truths

*Directions:* Read each situation and circle ***T*** if you think it's true or ***M*** if you think it's a myth under the Round 1 column. Do not make any marks under Round 2 column until directed to do so.

| | *Round 1* | *Round 2* |
|---|---|---|
| 1. The best way to use a condom is to pull it on tight. | T or M | T or M |
| 2. Teenagers can obtain birth control pills from family planning clinics and doctors without permission from a parent. | T or M | T or M |
| 3. Girls can get pregnant if the penis doesn't actually enter the vagina. | T or M | T or M |
| 4. Girls can get pregnant if they have sex during their periods. | T or M | T or M |
| 5. Douching after sex will wash out the sperm and protect against pregnancy. | T or M | T or M |
| 6. A woman is protected from pregnancy the day she begins taking the pill. | T or M | T or M |
| 7. Condoms are effective because they don't break easily and they don't leak. | T or M | T or M |
| 8. If a guy pulls his penis out of a girl in time (before he ejaculates), he can prevent pregnancy. | T or M | T or M |
| 9. A contraceptive sponge offers protection for a full day. | T or M | T or M |
| 10. Foam and sponges provide some protection from sexually transmitted disease (STDs). | T or M | T or M |

# Shopping Information Form

1. Name of store _____

2. What contraceptive products are sold here? (List 3 kinds of condoms, 1 kind of foam and 1 kind of sponge and the prices for each product. Indicate the types of condoms you saw.)

| Product | Brand Name | Price | Lubricated? | Nonoxynol-9? | Reservoir (R) or Plain (P) |
|---|---|---|---|---|---|
| Condom: | | | Yes No | Yes No | R P |
| Condom: | | | Yes No | Yes No | R P |
| Condom: | | | Yes No | Yes No | R P |
| Foam: | | | | | |
| Sponge: | | | | | |

3. How comfortable would you be buying contraception here?

| 1 | 2 | 3 | 4 |
|---|---|---|---|
| very comfortable | fairly comfortable | somewhat uncomfortable | very uncomfortable |

4. Would you recommend that a friend buy contraception here? Yes No

   Write two sentences telling why or why not.

   _____

   _____

   _____

   _____

   _____

   _____

5. What are the store's hours of business? _____

Name _____

# Visit or Call a Clinic

1. Name of clinic _____

2. Address and Phone number of clinic _____

   _____

3. Clinic is open from _____ a.m. to _____ p.m. _____ days a week.

4. The following services are available at this clinic:
   Birth control _____ Prenatal care _____ STD treatment _____
   Pregnancy tests _____ Sterilization _____ Counseling _____

5. A routine examination or consultation about birth control information costs $_____.

6. Most states have laws that clinics can't disclose information about clients without written consent, including whether or not clients visit the clinic. This is called "client confidentiality." This clinic's confidentiality policy is as follows:

   _____

   _____

   _____

7. Besides English, the following languages are spoken at this clinic:

   _____

8. I felt the following level of comfort in this clinic (include such things as decor, friendliness of staff, magazines/pamphlets available in waiting room, etc.):

   | 1 | 2 | 3 | 4 |
   |---|---|---|---|
   | Very comfortable | Fairly Comfortable | Somewhat Comfortable | Uncomfortable |

9. I would/wouldn't tell a friend to visit this clinic for a birth control examination/information consultation. Write 2 sentences telling why or why not.

   _____

   _____

   _____

   _____

10. Something I learned at this clinic is _____

    _____

    _____

***Reminder: To get credit for visiting the clinic, attach a clinic card or brochure from the clinic.***

Name _____

# The Way to the Clinic

**Bus or Train Route from School to the Clinic***

Which bus do you catch? Number or name of bus _____

Where do you get on the bus? _____

Do you need to transfer? Yes No

What are the transfers? _____

Where do you get off? _____

About how far did you have to walk from the last bus to the clinic? (You may attach a bus route map and mark the route.) _____

_____

**Car, Bike or Walking Route from School to the Clinic***

Describe the route from your house or the school to the clinic. Give all street names and freeway numbers. Try to remember and write down other landmarks (like a fast food restaurant or a park) that cue you when to turn. On the attached sheet of paper or map, I have described the:

___ Car Route

___ Bike Route

___ Walking Route

*You may attach a map and mark the route.

# How Will You Avoid Pregnancy?

*Directions:* This worksheet is for your own use and information. It is not for class discussion and will not be turned in to the teacher.

1. Which method(s) for preventing pregnancy would you like to know more about? ___

   _____

   _____

2. How will you find that out? _____

   _____

3. Which method seems most convenient? _____

4. Which method has the fewest side-effects that worry you? _____

   _____

5. Which methods are effective enough for you? _____

   _____

6. Which method do you think your boyfriend or girlfriend will be most interested in using? _____

   _____

7. Which method would your parent(s) be most likely to approve? _____

   _____

8. Show your conclusions from this self-exam by circling the numbers that show which methods seem best for *you.*

| | Best Choice | OK Choice | Worst Choice |
|---|---|---|---|
| Abstinence | 1 | 2 | 3 |
| Condoms | 1 | 2 | 3 |
| Foam | 1 | 2 | 3 |
| Condoms + Foam or Sponge | 1 | 2 | 3 |
| Sponge | 1 | 2 | 3 |
| Pill | 1 | 2 | 3 |

# A Lunchtime Chat

Between Two Girls or Guys

*Setting the stage:*

You are talking to a friend at lunch. You tell your friend that you and your boyfriend or girlfriend are thinking about going to a family planning clinic and getting the pill. Your friend doesn't think the pill is a good method and speaks first.

**Friend**: Watch out, the pill might make you/your girlfriend gain weight.

**You**:

**Friend**: But doesn't the pill give you/your girlfriend cancer?

**You**:

**Friend**: Anyway, you'll have to tell your/her mother because you probably need her permission to get the pill.

**You**:

**Friend:** Isn't it really expensive to take the pill?

**You**:

**Friend**: I know I'd never remember to take a pill every day.

**You**:

**Friend**: What makes you think you can really go to the clinic without everybody knowing?

**You**:

# Situation A

Jeanette and David have gone out for a long time but have never had sex. One day they go to David's sister's apartment. She is in the bedroom with her boyfriend. In the living room, Jeanette and David start to kiss and warm up to each other.

What can Jeanette or David do to avoid sex or unprotected sex?

*List alternative actions below:*

# Situation B

Anthony and Liza have been to a party and then go to Anthony's home to be alone. They start to kiss and undress each other. Anthony reaches into his jacket pocket, and realizes that he doesn't have the rubber he planned to use. He says, "I think somebody stole the rubber I had."

What can Anthony and Liza do to avoid unprotected sex?

*List alternative actions below:*

# Two Hours to Kill

Guy Reads to Girl

*Setting the stage:*

You are at your boyfriend's house after school. You aren't ready to have sex and you've told him this. You know his mother won't be home for two hours. You are kissing and touching and your boyfriend lets you know he wants to make love. You do not want to make love. He speaks first.

**Guy**: It's ok to have sex when you love each other.

**Girl**:

**Guy**: We don't get many chances to be alone.

**Girl**:

**Guy**: You're not worried about getting pregnant, are you?

**Girl**:

**Guy**: Ok then, I'll use a rubber.

**Girl**:

**Guy**: I just feel so close to you. That's why I want to have sex.

**Girl**:

**Guy**: If you loved me as much as I love you, you'd do it.

**Girl**:

**Guy**:

**Girl**:

# A Small Party

Girl Reads to Guy

*Setting the stage:*

You've been going out with a girl for 6 months and care for her very much. There's going to be a small party at a good friend's house and the two of you can be alone. Your girlfriend asks you to get some protection before the party. You're not ready to have sex. The girl speaks first.

**Girl**: I guess you don't really care about me.

**Guy**:

**Girl**: I feel like a fool asking you. I never thought you'd act like this.

**Guy**:

**Girl**: Are you starting to see someone else?

**Guy**:

**Girl**: Well, I thought you'd really want to do it.

**Guy**:

**Girl**: What if I got the protection?

**Guy**:

**Girl**: This takes the fun out of going to the party.

**Guy**:

**Girl**: I guess it's not so important, right now.

**Guy**:

Name: _____ Date: _____

# Observer Checklist

ROLE PLAY #

| SKILLS | 1 | 2 | 3 | 4 | 5 | 6 |
|---|---|---|---|---|---|---|
| Said "NO" | | | | | | |
| Body Language Said "NO" | | | | | | |
| Repeated Refusal | | | | | | |
| Suggested Alternative | | | | | | |
| Relationship Building | | | | | | |
| Delaying Tactic | | | | | | |

# My Kid Sister

*Directions:* Imagine that you have a younger sister who is 12 years old. She tells you she wants to have sex with her boyfriend. You don't think she should have sex yet. Write in what you would say to her.

**Sister**: He really wants me to and I love him.

**You**:

**Sister**: He's the cutest boy in school.

**You**:

**Sister**: I'm going to do it someday, anyway. What's wrong with now?

**You**:

**Sister**: He said he'd use a rubber.

**You**:

**Sister**: We really love each other.

**You**:

**Sister**: If I lose him, I'll just die.

**You**:

# Time for a Rubber

*Setting the stage:*

You and your boyfriend/girlfriend have had sex without using birth control. You just found out a close friend is pregnant and you don't want it to happen to you. You want to talk about using a rubber, but you're nervous so you've put it off. Now you're alone together in a RED ALERT situation. You stop and say you want to talk.

**You**:

**Your boy/girlfriend**: Now? What do you want to talk about at a time like this?

**You**:

**Your boy/girlfriend**: We've done it before and you're/(I'm) not pregnant.

**You**:

**Your boy/girlfriend**: Let's talk about it next time, okay? Don't spoil the mood.

**You**:

**Your boy/girlfriend**: I don't want to use birth control. I don't think it would feel right.

**You**:

**Your boy/girlfriend**: Nothing's going to happen. My sister has sex without birth control and she's not pregnant.

**You**:

**Your boy/girlfriend**: Other couples do it without birth control.

**You**:

**Your boy/girlfriend**: I just think it will take away half the fun.

**You**:

**Your boy/girlfriend**: Sounds like you're really serious. I guess a rubber is easy to get.

**You**:

**Your boy/girlfriend**:

Name: _____ Date: _____

# Observer Checklist

ROLE PLAY #

| SKILLS | 1 | 2 | 3 | 4 | 5 | 6 |
|---|---|---|---|---|---|---|
| Said "NO" | | | | | | |
| Body Language Said "NO" | | | | | | |
| Repeated Refusal | | | | | | |
| Suggested Alternative | | | | | | |
| Relationship Building | | | | | | |
| Delaying Tactic | | | | | | |

# How an STD Would Change My Life

*Directions:* Write the name of the STD that you discussed in your group and that you will use to complete this homework on this line _____. Write the name of that disease in the blanks in the middle of the first 2 sentences below.

1. If I had the STD called _____ I *should* make the following changes in the way I act with guys/girls:

   1. _____
   2. _____
   3. _____

2. If I had the STD called _____ it would harm me in these ways:

   1. _____
   2. _____
   3. _____

3. The most difficult thing for me about having this STD would be:

   1. _____
   2. _____
   3. _____

# The Steps to Protection

*Directions:* Picture a time in your life when you would be ready to have sex. It may be now, next year, or when you're married. Suppose you are concerned about preventing a pregnancy or preventing STDs and want to use a condom and foam. The steps to protection are described. You are to write how you would do it.

*Setting the Stage:*

You and your boyfriend or girlfriend have not had sex before, but you have been going out for a long time and have an anniversary or wedding coming up next Saturday night. You think it is about time for sex but you are not exactly sure what the other one thinks. You want to be sure that you are protected from STDs including AIDS, and pregnancy by saying no or using a rubber and foam. The steps to protection are described. You are to write how you would do it. Section 3 is optional.

**STEP 1: Talking About A Plan for Protection**

1. *Talk to Your Partner About Using a Condom and Foam*

Where will you talk about it? _____

When will you talk about it? _____

What will you say? _____

_____

What problems might arise in planning for protection? _____

_____

What would you do then? _____

_____

**STEP 2: Preparing for Protection**

2. *Get the Condoms and Foam*

Who will get it? _____

When? _____

Where? _____

What problems might arise in getting it? _____

_____

What would you do then? _____

_____

**STEP 3: Using Protection**

3. *Use the Condoms and Foam on Your Anniversary or Wedding Night*

Whose job would it be to carry the protection? _____

Who would bring it out? _____

What would he or she say? _____

_____

_____

What would be the most romantic way to use the condom and foam? _____

_____

_____

What might go wrong? _____

What would you do to save the evening? _____

_____

# Sticking with Contraception and Abstinence

*Directions*: Write some DOUBTS that might make it harder for you to abstain or contracept. Then, pair up with a partner and write ACTIONS (DOUBT-BUSTERS) that counter that DOUBT and make you even more prepared to get what you want.

DOUBT: _____

_____

_____

_____

DOUBT-BUSTER ACTION: _____

_____

_____

_____

DOUBT: _____

_____

_____

_____

DOUBT-BUSTER ACTION: _____

_____

_____

_____

# A Love Story

Kathy and Danny are sophomores. They've been going out for 8 months and have a very special relationship. They spend a lot of time together and trust each other. They tell each other everything. In many ways, they are best friends.

At the beginning, they decided they didn't want to have sex. They haven't talked about it a lot but Kathy believes it's worth it to save sex for marriage. She loves Danny a lot and has strong feelings for him, but she worries that their relationship would change if they have sex. Danny knows how Kathy feels and he respects her values.

They haven't actually made love, though they do kiss and touch each other a lot and have gotten close to going all the way. Lately, Danny has been hearing that many of his friends are having sex with their girlfriends. Danny feels a little jealous. He worries that he is "falling behind" other kids his age and that he will always be a virgin.

So Danny has been putting some pressure on Kathy to have sex, and they've started talking about it more. Danny is confused. On the one hand, he respects Kathy's feelings and doesn't want to talk her into doing something she doesn't want to do. On the other hand, he doesn't think it's that important to wait for marriage. Their relationship has become a little tense. They argue more and Danny's talking more to other girls and spending less time with Kathy.

Kathy worries about losing Danny. She talked to a friend about her concerns and she said, "So what's the big deal? Having sex isn't that big a thing. You know everybody is doing it." Kathy knows that isn't true but sometimes she *feels* like she's the only one who isn't. "Maybe it isn't all that special," she says to herself. "But, then again, maybe it is." She wishes she could talk to her mother about it, but she doesn't know how her mother would react. So Kathy feels pretty lost and doesn't know what to do.

Kathy and Danny still spend some time together, and one Saturday night they go to the movies. After the movie, they decide to go back to Kathy's house to talk. When they get there at around ten o'clock, they find out that Kathy's parents have gone to a party and won't be back till much later. So Kathy and Danny are alone in the house.

# Kathy and Danny

*Directions:* After hearing the story of Kathy and Danny, answer the first 4 questions. Don't answer questions 5 and 6 until the teacher tells you to.

1. Describe one important reason that Kathy might not want to have sex.

   a. _____

2. Describe two things that Kathy can say or do to delay having sex until she is ready.

   a. _____

   b. _____

3. Describe one reason that Danny would be better off waiting until Kathy is ready.

   a. _____

4. Describe two things Danny can do to help himself wait until Kathy is ready.

   a. _____

   b. _____

5. Describe one reason that *you* might not want to have sex. I might not want to have sex because...

   a. _____

6. Describe two things that *you* can say or do to delay having sex until you are ready.

   a. _____

   b. _____

# Being Careful on the Couch

Guy Reads to Girl

*Setting the stage:*

You have decided that you don't want to have unprotected sex with your boyfriend. On this evening, you and your boyfriend have been watching TV. You decide to lie down on the couch together. You remember that this is exactly what happened the last 2 times you had sex without protection. The guy speaks first.

**Guy**: I love you.

**Girl**:

**Guy**: Don't worry, baby.

**Girl**:

**Guy**: But I'm sure this is a safe time; you can't get pregnant now.

**Girl**:

**Guy**: Anyhow, I think "Lady Luck" is watching over us.

**Girl**:

**Guy**: Well, I just don't want to give this up—it's too much fun.

**Girl**:

**Guy**: I promise we'll go get some protection for next time.

**Girl**:

**Guy**: What's wrong? Why change a good thing?

**Girl**:

# Being Careful on the Couch

Girl Reads to Guy

*Setting the stage:*

You have decided that you don't want to have unprotected sex with your girlfriend. On this evening, you and your girlfriend have been watching TV. You decide to lie down on the couch together. You remember that this is exactly what happened the last 2 times you had unprotected sex without birth control. The girl speaks first.

**Girl**: I love you.

**Guy**:

**Girl**: Don't worry, baby.

**Guy**:

**Girl**: But I'm sure this is a safe time; I can't get pregnant now.

**Guy**:

**Girl**: Anyhow, I think "Lady Luck" is watching over us.

**Guy**:

**Girl**: Well, I just don't want to give up sex—it's too much fun.

**Guy**:

**Girl**: I promise we'll get some protection for next time.

**Guy**:

**Girl**: What's wrong? Why change a good thing?

**Guy**:

Name: _____ Date: _____

# Observer Checklist

ROLE PLAY #

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|---|---|---|---|---|---|---|
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| Suggested Alternative | | | | | | |
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